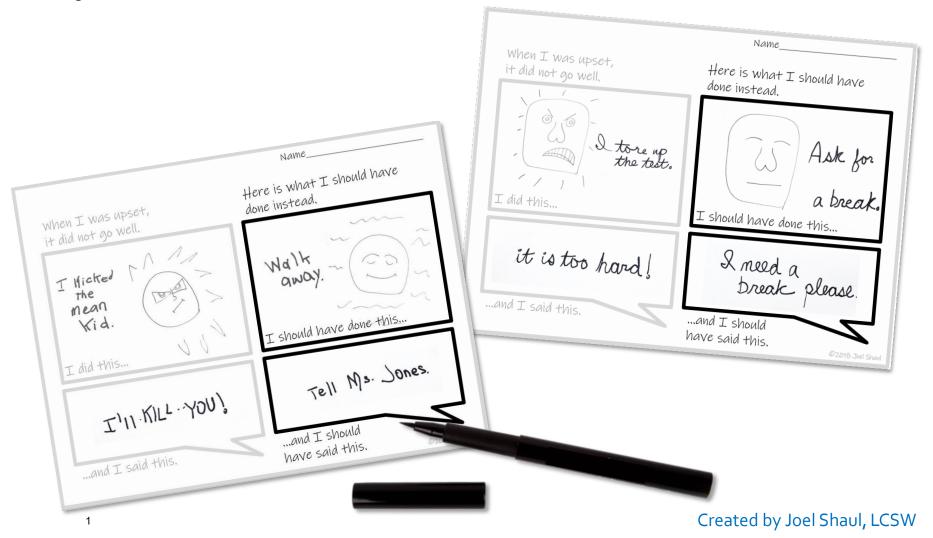
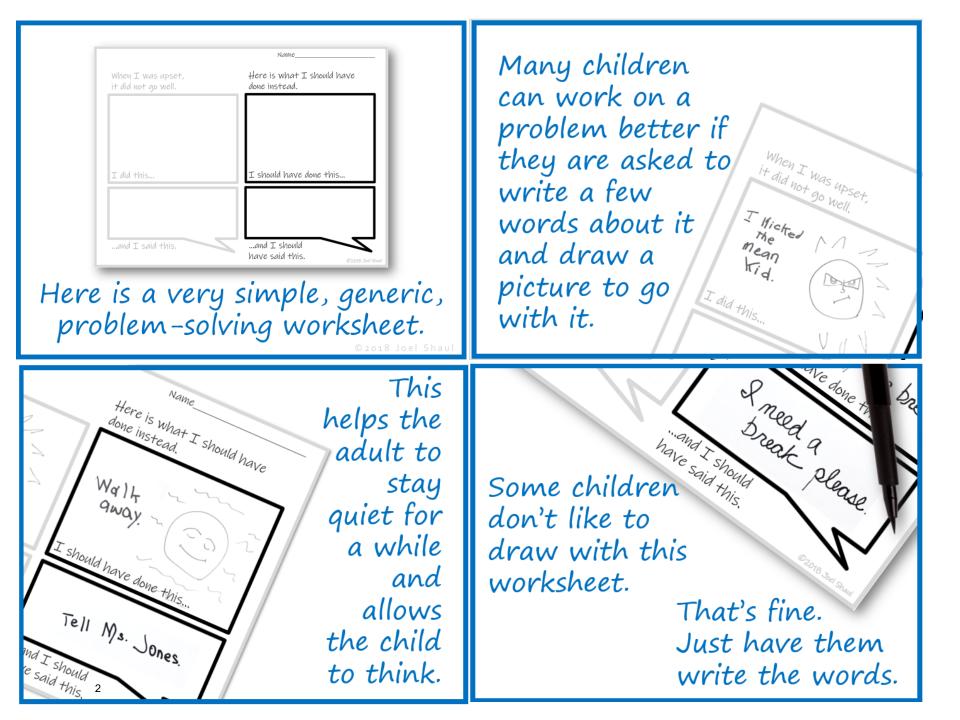
What I Could Have Done Differently -



Page 2 explains the rationale for this simple worksheet.

Page 3 is the worksheet itself.





Name_

when I was upset, it did not go well.

I did this...

Here is what I should have done instead.



... and I said this.



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